

Social Prescribing

What is social prescribing?

In Wales, social prescribing is defined as 'connecting citizens to community support to better manage their health and wellbeing'. The support which citizens are connected to is typically referred to as 'community assets' and can include groups within the community catering to many different interests, such as sport, art and gardening.

An estimated
**20% of GP
appointments
are for
primarily social
problems**

But it can also go beyond that to connect citizens to support with other social issues, such as financial support and housing support.

To learn more about the benefits of social prescribing and what it looks like in practice, take a look at our 'What is social prescribing?' guide.

[Read the full guide](#)

National Framework for Social Prescribing in Wales

In January 2024, Welsh Government set out its programme for government commitment for a National Framework for Social Prescribing. It was developed by over 1,000 stakeholders and sets out the framework's core objectives, which includes:

- **Shared understanding**
- **Support workforce and drive-up skills**
- **Quality of provision**
- **Monitor and evaluate**
- **Improve outcomes**



In addition, the Wales School for Social Prescribing Research have also developed [splossary](#): a glossary of social prescribing terms and descriptions to help people understand the language used in social prescribing.

How the team developed this, is set out in ['Speaking the Same Language – the Development of a Glossary of Terms for Social Prescribing in Wales.'](#)

[View the framework](#)

Social Prescribing in Cardiff and the Vale of Glamorgan

Defence Medical Welfare Service

The RIC Hub caught up with Mike Davies who has the incredibly rewarding role of connecting people to support in the community in Wales. He uses social prescribing to provide person-centred care by unlocking solutions to improve wellbeing, support sustainable recovery, transition home and allow patients to carry on with their lives in the way that they want to. Not only is this role improving patient experience but it is reducing hospital bed days, unnecessary readmissions and releasing clinicians to do clinical work.



Defence Medical
Welfare Service
Supporting
the frontline



The [Defence Medical Welfare Service](#) is an independent charity connected to a network of charities across the UK. It was established in 1943 and provides Medical Welfare Support to all services of the Armed Forces community and The Merchant Navy. This includes those currently serving, reservists, veterans and their immediate family members or carers.

Purpose: To help people during their most critical time of need ensuring no one goes through the worry of injury or illness alone.

Mission: To provide high-quality medical welfare services to those who serve the nation and community when they are on a healthcare pathway.

If you'd like to know more about this service or how you can bring this service to your department or hospital please get in touch.

Tel: 07920379241
Email: mdavies@dmws.org.uk
Web: www.dmws.org.uk
National Response Service number for out of area/community referrals which is: 0800 999 3697

[Read the full story.](#)

Dr Karen Pardy on Social Prescribing and Primary Care



The RIC Hub has been working with Dr Karen Pardy (Deputy Clinical Board Director for Primary, Community and Intermediate Care) over a number of years to develop and strengthen the social prescribing offer across Cardiff and the Vale of Glamorgan.

**“People are people,
they are not somebody
who’s got a medical
need and a social
need, it’s all wrapped
together”**

Dr Pardy has a wealth of expertise and experience in this area gained in her previous role of Cardiff South West Primary Care Cluster Lead. Cardiff South West Primary Care Cluster was one of the pioneers of the social prescribing model in Wales. Dr Karen Pardy shares her experience of developing social prescribing as part of the cluster’s offer in this article.

[Read the full interview](#)

Grow Well



Grow Well is a community gardening project developed in partnership with Cardiff South West Primary Care Cluster. The RIC Hub worked with Grow Well to develop a short film where staff and volunteers explain how the community gardening project has made a difference to their lives in their own words. The project is just one of many examples of the brilliant work community assets are undertaking and the vital role they play in social prescribing in the region.

**“The garden has made me feel
life again, I feel like me again”**



[Watch the film here](#)

Social Prescribing Across Wales

Pembrokeshire

The Community Connectors Project run by Pembrokeshire Association of Voluntary Services provides support to people to access community-level services and activities which help maintain independent



lives. There is a key focus on preventing circumstances from deteriorating to a point where individuals might need higher level health or social care services.

“It has made me feel so much less anxious knowing that this support is in place”

One of the ways the Community Connector Project measures and evaluates the service is through a method called **Most Significant Change**. Most Significant Change is a means

of capturing stories about what has changed as a result of a service, project or intervention in the person's own words. This can provide valuable insight into people's experience and outcomes as a result of a service, which can inform service improvement and transformation.

The Community Connector Project has shared with us an example of a Most Significant Change case study, which has been given the name 'A Shipwrecked Mariner's Salvage' by the service user.

[Read the full case study](#)

North Wales

Flintshire Local Voluntary Council (FLVC) has a social prescribing team who work to connect individuals with community support in their local area. The team was funded to provide a dedicated social prescriber for children, young people and families. The social prescriber



sits on Flintshire Council's Early Help Hub, a multi-disciplinary panel which provides recommendations for early intervention support. Referrals to the Early Help Hub come from education, police, health, third sector and self-referrals.



FLVC's social prescriber has a what matter's conversation with the young person or parents/carers who have been referred to the Early Help Hub or direct to the social prescribing service. From this conversation they will help the parent or young person to identify the issues they need support with. The social prescriber will then support the family to access third sector and community support to suit their needs.

The service as a whole, for all ages, employs six members of staff (inc 2 part-time) and is funded by Betsi Cadwaladr University Health Board, Flintshire County Council, the Regional Integration Fund and Families First.

[Find out more](#)

Social Prescribing Around the World



Over the last decade, social prescribing has developed significantly and has been adopted by many countries across the world. To better understand how social prescribing is being delivered in different health care systems, the World Health Organisation and the National Academy for Social Prescribing have produced Social Prescribing Around the World:

A World Map of Global Developments in Social Prescribing Across Different Health System Contexts.

The report provides an overview of the health system context and social prescribing developments across 31 countries with varying levels of maturity of social prescribing implementation.

[Learn more](#)

[Visit Cardiff and Vale Regional Innovation Co-ordination Hub website to see more of our work](#)

